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Tennis star dismisses health concerns as Canada prepares to face Italy in Davis Cup quarter-final at UBC this weekend

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STEADY AS A ROCK

DWAYNE JOHNSON'S EARNED A REP AS 'FRANCHISE VIAGRA' FOR REVITALIZING FLAGGING FILM SERIES. SO METRO POSED THE QUESTION: WHAT WOULD HE BRING TO NOTABLE HOLLYWOOD MONEY-MAKERS LIKE STAR WARS, THE AVENGERS AND, DARE WE ASK, TWILIGHT?

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AND THE CROWD GOES WILD

Barbadian superstar Rihanna takes the stage at Rogers Arena on Monday night during a stop on her Diamonds World Tour. For a gallery of photos from last night's colourful and energetic concert, visit metronews.ca. JENNIFER GAUTHIER/FOR METRO

'Evil genius' Dix takes aim — at the funny bone

'Architect of the decade of despair.'
NDP pokes fun at Liberals with parody attack ad on April Fools'

The B.C. NDP celebrated April Fools' Day on Monday by mocking the political attack ads of the Liberals.

With tongues planted firmly in cheek, the party released a social media ad deeming NDP Leader Adrian Dix the architect of all that went wrong in the 1990s — from the Asian financial crisis to the loss of the Winnipeg Jets.

The New Democrat leader is also to blame for Wayne Gretzky's retirement, the federal GST and the Vancouver Canucks' Stanley Cup loss, according to the online ads.

"Adrian Dix, architect of the decade of despair, destruction, disappointment and desperation," said the ads, which were distributed online and via email but didn't air on television or radio.

"The evil genius behind the Spice Girls, Marilyn Manson, destruction of the Brazilian rain forest, plaid shirts, the hair ..."



A screen grab from an "attack" ad against NDP Leader Adrian Dix, released by the party on Monday.
CNDP.CA

The campaign pokes fun at B.C. Liberal attack ads targeting Dix for his time as chief of staff to former New Democrat premier Glen Clark from 1996 to 1999.

The Liberals have launched websites such as RiskyDix.ca and CantAffordDix.ca, calling Dix the creator of B.C.'s economic decline during the 1990s. The sites, along with television and radio ads, highlighted the fact that Dix admitted to back-dating a memo in an attempt to clear his former boss of wrongdoing in a scandal that ultimately forced Clark to resign.

Dix said Monday that he's accepted responsibility for the mistake and that voters will ultimately be the judges.

The campaign for the May 14 provincial election will begin in a couple of weeks,

and Dix has vowed to run a positive campaign.

"I think the ad is fun and I think its message is gentle," he said at a news conference in Vancouver, where he was celebrating the demise of the harmonized sales tax in the province.

"I think the election will be fought on the real issues."

The New Democrats will not run personal attacks on Liberal Premier Christy Clark, Conservative Leader John Cummins or B.C. Green Leader Jane Sterk, he said.

"As many attack ads as the Liberal party wants to run against me, we're not going to respond in kind. We're going to hold them accountable, we're going to make criticism of the Liberal government — as we should in a democracy — but I think people have been discouraged by a political process that's too personal and too nasty, so we're taking a different approach," Dix said.

But if Dix didn't exactly stray from the political high road, he may have skirted the edge to throw a stone at the Liberal party.

"Obviously, the Liberals are kind of doubling down on nasty, so we'll see how it goes." THE CANADIAN PRESS



Sea kayakers paddle on English Bay in Vancouver on Monday. ERIC DREGER/THE CANADIAN PRESS

Summery weather breaks B.C. record

Lower Mainland.

Chilliwack reaches all-time high, while Whistler, Pemberton, Aggasiz close to record-highs



KATE WEBB
kate.webb@metronews.ca

As if a long weekend gift-wrapped in chocolate-scented tinfoil weren't enough to be grateful for, the Easter Bunny also brought summer with

her, closing March with record-breaking temperatures in the Lower Mainland.

"This March, the sunshine hours for Vancouver were almost 20 per cent more than normal," said Environment Canada meteorologist Johnson Zhang.

"Last March we had 20 per cent less than normal."

On Sunday the mercury climbed to 24.3 C in Chilliwack, breaking the previous record of 23.9 C set all the way back in 1900. Elsewhere, in Whistler, Pemberton and Aggasiz, temperatures were within one degree of breaking records.

Now we're talkin'

24.3 C

Chilliwack reached 24.3 C on Sunday, breaking the city's previous record of 23.9 C, set in 1900.

Zhang said save for a few balmy days last April, there wasn't a stretch of warm weather like this in 2012 until May.

"We do get some stretches of nice sunny weather in spring, but these high temperatures are pretty unusual," he said.

The unexpected dose of vitamin D came as a welcome relief

to many Vancouverites after last year's particularly cold, wet spring.

Sadly, all good things must come to an end — in this case, around Thursday. Clouds are expected to begin rolling in on Tuesday, and Zhang said by Thursday evening cool air blowing in from the Pacific will bring rain.

After that, he said, daytime highs will stay around 12 C and lows around 4 C for a couple of weeks, back in line with seasonal norms.

The good news is that Zhang said this spring is expected to be slightly warmer than usual.

Vancouver. Taiwan's unwanted pups find new homes



Mei is among the foreign strays being put up for adoption in B.C. PETFINDER.COM

Mei is one of Taiwan's unwanted.

The attractive, two-year-old Formosan Mountain Dog is friendly, immunized, and spayed.

In Canada, she would be an ideal candidate for adoption. But in Taiwan, the former stray spent months bouncing around from shelter to shelter, unable to attract the interest of potential owners. Adoption rates are low, making it nearly impossible for mutts and disabled dogs to find new homes.

So in March the Animal Rescue Team Taiwan (ARTT) put Mei on a flight to Vancouver, where she was surrendered to the Dogway Dog Rescue Society in Mission.

She is one of more than 2,000 Taiwanese dogs that have been sent here and to the U.S. through ARTT's Overseas Adoption Project.

Groups are increasingly taking in dogs from overseas. Each year, strays from Greece, India and the U.S., among others, find new homes in Canada.

In 2012, the B.C. SPCA rescued a total of 28,973 animals, but only adopted out 16,363.

ELIZABETH HAMES/FOR METRO



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Road rage. Senior punched several times by driver

A senior is in hospital after a driver punched him several times during an apparent road-rage incident.

Around 8:30 Sunday evening, the elderly man was driving his beige sedan east-bound along Lougheed Highway in Burnaby when he noticed the driver of a silver Toyota Echo tailgating him and honking his horn.

When the elderly man pulled over just south of Dawson Street, the driver of the Echo pulled up behind him, got out of his vehicle and walked toward the sedan.

The elderly man rolled down his window, and the assailant punched him several times before fleeing the scene.

Witnesses to the assault

Did you see something?

Anyone with information is asked to call Burnaby RCMP at 604-294-7922 or Crime Stoppers at 1-800-222-TIPS.

rushed to the side of the injured man and called the police.

The victim was rushed to hospital with non-life-threatening injuries.

Burnaby RCMP Cpl. Rick Skolrood said that, while the assault was relatively minor, the police are taking it very seriously.

Police are looking for a Caucasian man in his late 40s to early 50s with grey hair and a slim build.

ELIZABETH HAMES/METRO

Complaint. Commissioner to look at policies allegedly 'muzzling' gov't scientists

The federal information commissioner has agreed to launch an investigation into policies and practices that appear to be muzzling government scientists.

The office of Suzanne Legault is responding to a detailed complaint lodged by the Environmental Law Centre at the University of Victoria and the ethics advocacy group Democracy Watch.

Their lengthy report filed last month laid out repeated examples of taxpayer-funded science being suppressed or limited to pre-packaged media lines across six different government departments and agencies.

In a letter to the complainants, the commissioner con-

Long-standing accusations

2006

The government of Prime Minister Stephen Harper has been accused of silencing scientists on number of subjects, particularly environmental science, since the Conservatives came to power in 2006.

cluded she has the mandate to investigate government policies, practices or guidelines that impede access to information.

Legault says that includes government practices that restrict or prohibit government scientists from speaking with the media and the Canadian public. **THE CANADIAN PRESS**



Vancouver developers Team Pixel Pi on a recent trip to San Francisco. SUBMITTED

Game developers turn to Kickstarter

Gamer in the dark.
Group of Vancouverites seek crowd funding for Pulse, their first-person 'blind' video game

ELIZABETH HAMES
vancouver@metronews.ca

A group of Vancouver developers are offering gamers a new way to see.

Pulse, a first-person video game prototype by Vancouver Film School students, features a blind protagonist who uses echolocation to create a mental picture of their environment. Thus, the

player can "see" only what is directly in front of or beside them, while the rest of their world remains dark.

While the game does not fully replicate a blind experience, it does attempt to evoke the emotion of living without sight, said Maxwell Hannaman, the lead programmer for Team Pixel Pi.

"During development, we got in contact with a number of members of the blind community, where we were introduced to a strange yet powerful feeling they had in common: the feeling of living in fear but having the courage to go on anyways," said Hannaman in an email.

"Games as an emotional experience is a theme that

has become more widely accepted in recent years, and Pulse can help bring that even further."

Team Pixel Pi's five members, Lala Fuchs, Leanne Roed, Richard Harrison, Michael Cooper and Hannaman, created the Pulse prototype as their final project for the VFS's Game Design program. It went on to win a Unity Award for Best Student Project.

But, following graduation, the team refused to put the game to bed.

"We knew that there was still so much more to explore with the concept," said Hannaman. "With our refined knowledge and desire to explore the rest of this concept,

it is almost painful to think about not bringing Pulse to completion."

So last month, Team Pixel Pi listed Pulse on Kickstarter, a fundraising website for creative projects. As of April 1, Pulse had garnered nearly \$28,000 in donations from 1,046 backers.

However, the team has fewer than 10 days to reach their target of \$75,000, which will help pay for creative licenses, a soundtrack and "legal junk," according to Pulse's Kickstarter profile.

Appealing to potential donors, Hannaman said: "This is an opportunity to use games to see through a new, unfamiliar perspective."

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Business a-bloomin' at hydroponics firm thanks to U.S. pot legalization

On fire. Surrey-based company credits growth to ballot initiatives passed last November in Washington state and Colorado

Business has been smokin' at one hydroponics shop and warehouse in Surrey ever since two U.S. states legalized the possession of marijuana through ballot initiatives last November.

On any given day, courier vans and transport trucks join a steady stream of walk-in customers at Pacific Northwest Garden Supply and Green Planet Wholesale Ltd., ready to pick up or purchase hydroponics equipment and nutrients to grow medical marijuana and organic food products.

Sales have quadrupled in the last three weeks alone, and the multimillion-dollar businesses now employ about 60 people, including three new members of a sales team.

The owners of the two companies even have plans to open

a new distribution facility in Washington state, somewhere near Bellingham or Seattle, in the next 90 days.

"I say a good portion of (the growth) would be the initiatives that have taken place," said co-owner Steven Betts, who says he's been involved in the hydroponics industry for about 20 years.

"I think there's been more of a social acceptance of that for, you know, medical benefit. So people are kind of getting over the social stigma of it, and they're jumping into it. Plus, there really is a big movement towards just general home gardening."

The companies' other co-owner, Justin Cooper, said the hydroponic business has "come out of the shadows" in the last five to 10 years because people are also accepting it as a better way of growing healthier plants.

The ballot initiatives behind the business boom were approved in Washington state and Colorado Nov. 6, 2012, and allow adults over the age of 21 to possess up to 28 grams of marijuana. **THE CANADIAN PRESS**



Green Planet Wholesale co-owner and vice-president Justin Cooper adjusts the position of a light in a grow tent for sale at the hydroponics business in Surrey on Thursday. The company has seen a boom in sales in the wake of the legalization of pot in two U.S. states. DARRYL DYCK/THE CANADIAN PRESS

Was 9/11 an inside job? 1/4 of British Columbians think so



President John F. Kennedy speaks at a press conference on Aug. 1, 1963. NATIONAL ARCHIVE/NEWSMAKERS/GETTY IMAGES

British Columbians are a skeptical bunch.

More than half of respondents to a recent online poll said they believe completely or somewhat in UFOs, while more than a third believe governments and/or pharmaceutical companies are withholding a cure for cancer from the public.

Meanwhile, an unnerving number of respondents, 25 per cent, believe fully or

somewhat that 9/11 is an inside job.

Assassination plots also ranked high on B.C.'s list of believable conspiracy theories. Ten per cent are fully convinced that either the Mafia, the Israelis, the KGB or the Illuminati were behind John F. Kennedy's 1963 death, while another 24 per cent harbour some doubt about the official story.

Similarly, 29 per cent be-

lieve fully or somewhat that Princess Diana's 1997 death was planned.

"I nearly fell off my chair when we looked at the first numbers coming in from our poll on the number of British Columbians who believe in some pretty outrageous conspiracy theories that are out there," says Steve Mossop, president of Insights West, which conducted the poll of 867 adults, in a Monday news

release.

"It's amazing the level of skepticism that exists around certain things that most would regard as scientific truths or historical events."

However, British Columbians aren't duped by all conspiracy theories. Only five per cent believe Elvis is still alive, while just four per cent believe dinosaurs never existed.

ELIZABETH HAMES/FOR METRO

Levy rejection welcomed

B.C. eateries lost \$1.5B under HST: Restaurant group

The provincial sales tax was back in force Monday in British Columbia, after the harmonized sales tax was wiped out overnight, and the province's restaurant sector is delighted to return to its lower-tax status.

The western vice-president of the Canadian Restaurant and Foodservices Association says the combined 12 per cent tax was

tough on the bottom line of an already-suffering industry.

Mark von Schellwitz says restaurant business in B.C. grew just 1.4 per cent since the HST was imposed three years ago, while the rest of Canada grew more than 11 per cent in the same period.

Von Schellwitz estimates the tax cost eateries \$1.5-billion in lost sales.

He says with the levy gone, the province's restaurant industry is projected to grow 5.1 per cent in 2013.

Restaurant patrons will still have to pay the five per cent goods and services tax. **THE CANADIAN PRESS**

Removal of viaducts

Strathcona residents call for traffic calming along Prior

Residents of an East Vancouver neighbourhood rallied Monday morning along a busy arterial in protest of what they claim is a lack of adequate traffic-calming measures in the city's plan to remove the viaducts.

About 200 people gathered on Prior Street at Hawks Avenue concerned that removing the Georgia

and Dunsmuir viaducts will result in increased traffic along Prior.

Among other things, the group demanded a 30 km/h speed zone along Prior through Strathcona and a reduction in traffic flow down to two lanes via parking or a separated bike lane.

In a post on his blog Sunday, Coun. Geoff Meggs argued that the viaducts' removal would result in less traffic along Prior and that staff would be bringing forward plans to move traffic from Strathcona to the False Creek flats. **METRO**

Ejected before plane hit

Pilot OK after ultralight crash

An ultralight pilot has escaped with only slight injuries after crashing his aircraft into a field in Surrey on Monday morning.

RCMP report the ultralight came down hard in a rural area of South Surrey, not far from the King George Airpark.

Police say an initial investigation indicates an in-flight, mechanical failure brought the ultralight down. **THE CANADIAN PRESS**

2 killed, 1 in hospital

Man charged in triple shooting

Charges have been laid in connection to a triple shooting where two people were killed and a third person was injured in Princeton over the Easter weekend.

RCMP say a 49-year-old man from the community, whose name is not being released until he appears in court, is facing two charges of second-degree murder and one charge of attempted murder. **THE CANADIAN PRESS**

Tourists beaten, one sexually assaulted aboard van in Rio

Rio de Janeiro, Brazil.

Two arrests made after foreigners were held in public van for six hours

Two foreign tourists were held for hours, brutalized and one of them sexually assaulted aboard a public transport van in Rio

de Janeiro's Copacabana beach neighbourhood, police said.

Two men aged 20 and 22 have been taken into custody and a third is being sought in connection with the incident, which saw the tourists held for around six hours starting shortly after midnight on Saturday.

According to the statement, the suspects forced other passengers out of the van and then

Posited motive

"The characteristics ... lead us to believe that they wanted to have a 'party of evil.'"

Commanding officer Alexandre Braga of a police unit specializing in crime against tourists.

sexually assaulted the female. During the alleged assault, the tourists were driven to the poor suburb of Sao Goncalo, where the two suspects were caught.

The victims identified the two suspects, and a Brazilian woman said she'd also been assaulted by the pair, police said.

THE ASSOCIATED PRESS

India. Rapes and murders are scaring off foreign tourism: Study

The rape and murder of a woman in New Delhi in December followed by two attacks on foreign female travellers has led to a sharp fall in the number of foreign tourists, a new study says.

In the three months since that attack, the number of foreign tourists has dropped by 25 per cent, according to the Associated Chambers of

Decrease

25%

The drop in foreigners travelling to India since December.

Commerce and Industry in New Delhi. The number of female tourists has dropped by 35 per cent. THE ASSOCIATED PRESS

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France considers widening its ban on religious garb

French president Francois Hollande wants a new law that could extend restrictions on the wearing of religious symbols in state jobs into the private sector. His new tack comes after a court ruled in March that a day-care operator that gets some state funding unfairly fired a woman in a headscarf, sparking a political backlash.

Many faithful fear France's

insistence on secularism is crimping their ability to express their beliefs. They also worry Hollande's government wants to score political points.

"I'm not a foreigner. I'm French," said Samia Kaddour, 26, who has all but given up hope for a state job because of her headscarf. "I love this country ... even if it has trouble liking us." THE ASSOCIATED PRESS

French law

State employees are barred from wearing symbols such as Muslim headscarves, Jewish skullcaps or large Christian crosses in public schools, welfare offices and other facilities.



A vendor sets up his stall on the first day of the 30th annual Meeting of Muslims in France, Europe's largest Muslim convention, on Friday in Le Bourget. REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

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U.S. soldier knifed by teen while playing with kids, official says

Afghanistan.**American deaths spike dramatically following five-year low**

An Afghan teenager fatally stabbed an American soldier in the neck as he played with children in eastern Afghanistan, officials said Monday, as the U.S. death toll rose sharply last month with an uptick in fighting due to warmer weather.

Last week's calculated attack shows that international troops still face a myriad of dangers even though they are increasingly taking a back seat in operations with Afghan forces ahead of a full withdrawal by the end of 2014.

Just one U.S. service member was killed in February — a five-year monthly low — but the American death toll climbed to at least 14 last month.

Overall, the number of Americans and other foreign forces killed in Afghanistan has fallen as their role shifts more toward training and advising government troops instead of

**Sgt. Michael C. Cable** THE ASSOCIATED PRESS/U.S. ARMY

fighting.

But a series of so-called insider attacks on foreign troops has threatened to undermine the trust needed to help President Hamid Karzai's government take the lead in securing the country after more than 11 years at war.

The attack that killed Sgt. Michael Cable, 26, of Philpot, Ky., last Wednesday occurred after the soldiers had secured an area for a meeting of U.S. and Afghan officials in a province near the volatile border

with Pakistan.

But one of two senior U.S. officials who confirmed that Cable had been stabbed by a young man said the assailant was not believed to have been in uniform so it was not being classified as an insider attack.

The officials, who spoke on condition of anonymity because the investigation is ongoing, said the attacker was thought to be about 16 years old. He escaped so his age couldn't be verified.

Cable's body was scheduled

to return to Owensboro in western Kentucky on Thursday. Visitation was scheduled for Friday with the funeral set for Saturday.

The Afghan and American dignitaries were attending the swearing-in ceremony of Afghan Local Police in Shinwar district in Nangarhar province, senior district official Zalmi Khan said. Afghan Local Police, or ALP, recruits are drawn from villages and backed by the U.S. military.

The soldier was playing with children outside when the attacker came from behind and stabbed him in the neck with a large knife, Khan said. Other guards nearby didn't immediately notice what had happened because there was no gunshot, and the assailant was able to flee to neighbouring Pakistan, he added.

Taliban spokesman Zabiullah Mujahid identified the attacker as a 16-year-old local man named Khalid. He said Khalid was acting independently when he killed the soldier but had joined the Islamic militant movement since fleeing the scene. **THE ASSOCIATED PRESS**

The Netherlands. Four arrested on suspicion of burying deadly nerve gas

Dutch police spent three days digging up a field after receiving a tip that sarin may have been buried there, but found no trace of the deadly nerve agent, a prosecutor's office spokeswoman said Monday.

Two men and two women have been arrested in the case in the southern city of Maastricht on suspicion of owning and concealing a deadly gas, spokeswoman Cindy Reijnders said in a telephone interview.

She said police started monitoring a man's movements last week after a tip and arrested him Friday as he was about to start digging in a field just outside Maastricht, a city close to the Dutch border with Belgium.

Reijnders said police have no indication that any sarin was about to be used in a ter-

About sarin

Sarin, first created by German scientists just before the Second World War, is a powerful nerve agent that was used in an attack by Japanese doomsday cult Aum Shinrikyo on the Tokyo subway system in 1995 that killed 13 people and sickened around 6,000.

ror attack.

"There are no legal activities you can use sarin for," she said. "But at this moment we have no information or clues that it was going to be used for terrorism."

Reijnders said police believe the four suspects may have been trying to sell the nerve agent for their own fi-

nancial gain, although it was unclear if they already had a buyer.

One suspect was arrested Friday as he was about to start digging in a field near Maastricht. Police dug up 400 square meters in the area to a depth of a meter without finding anything.

According to the Organization for the Prohibition of Chemical Weapons, sarin is a highly toxic and fast-acting organo-phosphorous compound that can be absorbed through the skin or by breathing it in.

Exposure to a high dose of sarin can cause convulsions and loss of consciousness. Death can be caused by suffocation because of muscular paralysis and the effects the sarin has on the respiratory centre of the nervous system.

THE ASSOCIATED PRESS**South Africa**

White slavery accuser found stoned to death

South African police say Happy Sindane has been found stoned to death. Sindane made headlines around the world when he claimed he had been kidnapped and enslaved by blacks.

The motive for his killing was not known. Police spokesman Capt. Leonard Hlathi said Monday no arrests have been made.

A four-month inquiry in 2003 established that Sindane was the son of a black domestic worker and the white man for whom she worked for when Sindane was born. Sindane had told reporters that he was a white slave, abused, threatened and forced to live outdoors tending animals.

THE ASSOCIATED PRESS

Boy Scouts. Application denied for troop sponsored by gay-rights group

The Boy Scouts of America has rejected an application for a scouting troop sponsored by a Utah gay-rights organization.

The Utah Pride Center asked permission to start a troop for 10 middle-school-aged children with straight troop leaders, said executive director Valerie Larabee. Many of the boys' parents had left Scouts or opted not to join because of their opposition to a long-standing policy excluding gay men and women.

After spending four months preparing a proposal to adhere to Scouts' standards, Utah Pride Center officials said their entire application was returned intact four days later — including the business cards they included.

They were told that the mission of their organization didn't properly align with the goals of Boy Scouts, said Utah Pride Center's director of community engagement.

THE ASSOCIATED PRESS

New York

Archbishop says Church should be more open to gays

The archbishop of New York says the Roman Catholic Church has to make sure that its defence of marriage is not reduced to an attack on gays.

Cardinal Timothy Dolan says the church could work on being more welcoming to

gays and lesbians. He says the church tries its "darnedest to make sure we're not an anti-anybody."

Dolan made the remarks Sunday on the ABC News program This Week. Dolan says he would tell gay men and lesbians that God loves them and they're entitled to friendship. But he says marriage is a union between a man and a woman "where children can come about naturally."

THE ASSOCIATED PRESS

Prosecutors want death penalty for Holmes

Colorado theatre shooting. The defence is expected to argue suspect is not guilty because he was legally insane at the time

U.S. prosecutors on Monday said they will seek the death penalty against the man accused in last year's movie-theatre attack that killed 12, injured 70 and spurred new gun-control laws in Colorado.

The much-anticipated disclosure came in a court hearing held four days after prosecutors publicly rejected an offer by James Holmes' attorneys that the former neuroscience graduate student would plead guilty to avoid execution. Prosecutors had said the proposal wasn't a valid plea-bargain offer.

The decision to seek execution will delay the start of the

trial until at least February, and the judge acknowledged even that might not be enough time for all sides to prepare. The trial had been planned to begin in August.

"It's my determination and my intention that in this case for James Eagan Holmes, justice is death," Arapahoe County District Attorney George Brauchler said at the Monday hearing. He spoke quietly and deliberately without any hesitation.

There was no audible reaction from Holmes, whose parents sat side by side, clutching hands with fingers intertwined.

They were quiet, as were the victims in the courtroom when Brauchler disclosed his decision.

Bryan Beard, whose best friend was killed in the attack, sat in an overflow courtroom. "I had a huge adrenalin rush," he said. "I love the choice, I love it, I love it.... I hope I'm in the room when he dies."

THE ASSOCIATED PRESS



This March 12 photo shows James Holmes, Aurora theatre-shooting suspect, in the courtroom during his arraignment in Centennial, Colo.

RJ SANGOSTI/DENVER POST/THE ASSOCIATED PRESS



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IT'S OK TO LOSE THE BOOZE

"Whyyyyy aren't you drinking?" the birthday girl slurred as she glared at me from behind her heavy mascara-coated lashes. "I'm on antibiotics," I lied, because simply not being in the mood wasn't going to cut it as an excuse. For this birthday-girl booze-hound, it wasn't enough to show up to the party; I was expected to toast the occasion with a second, third and fourth drink to show my solidarity.

While peer-pressure-related alcohol consumption might seem like an issue relegated to the teenage house party and university campus, the social expectations surrounding drinking are still very much present in our post-collegiate years and beyond. There seems to be a slew of social events that require us to indulge in a few drinks in the name of friendship. From weddings and birthday parties to bachelorette weekends, it's difficult to avoid the social lubricant of choice without drawing attention to yourself.

But if you keep track of those casual drinks throughout



SHE SAYS
Jessica Napier
metronews.ca

the week — a glass of wine with dinner, cocktails with friends after work, a couple of mimosas with brunch — they start to add up. The recommendation for women is no more than seven alcoholic beverages a week — for guys it's double that — but how many of us are going over that, more often than not?

Any time I've tried to commit to a defined period of sobriety, I've failed. Not because I have a "problem," but because I tend to give in to friends who insist I join them in a glass of something or other to celebrate, commiserate or simply unwind after a long week. It's not that it's so hard to say no. It's just a lot easier to say yes. Drinking is such a ritualized part of social behaviour that abstaining usually results in being subjected to an inquisition.

But it's not just friends who lay on the pressure when it comes to alcohol. Joining your colleagues in knocking back a few drinks is a common expectation in many professional settings. In some instances, the choice to remain sober can leave you at a professional disadvantage. Mention that you'd

Morning-after reckoning

Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

prefer to avoid the bar during a work function or networking event and it immediately sends up a red flag that you're not being a team player.

Raising a glass might help to elevate your social capital among friends and colleagues, but there are countless benefits to saying no. You'll save money, improve your health and realize that Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

Drinkers love company, of course, but it's important to remember that all the skinny-girl margaritas in the world aren't going to make you a better friend.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Motown piano signed, sealed, delivered



MAX ORTIZ/THE DETROIT NEWS/THE ASSOCIATED PRESS

Welcome back to 'Hitsville, U.S.A.'

Piano technician Billy Brasile installs a keyboard cover on an 1877 Steinway grand piano used by Motown greats during the label's 1960s heyday. The prized Steinway, restored thanks to Paul McCartney, was moved back into Studio A on Monday at what is now the

Motown Historical Museum in Detroit, or "Hitsville, U.S.A."

McCartney, a longtime fan of the Motown sound who recorded several of the label's songs with the Beatles, told museum officials in 2011 that he wanted to help with the piano's refurbishment after learning the historic instrument — used by Stevie Wonder, Marvin Gaye and other

Motown legends — no longer could be played.

The piano was moved to New York for repairs, and the work was completed last August. In September, McCartney and Motown founder Berry Gordy, pictured right, played it together at a charitable event at Steinway Hall in New York City.

THE ASSOCIATED PRESS



MOTOWN MUSEUM/THE ASSOCIATED PRESS FILE

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Twitter may impose a limit of 140 characters, but even that tiny bit of text can be tedious if you're simply in the mood for photos of famous people. Follow these accounts to simplify your gawking:

@CelebsTogether:

A steady supply of famous faces hanging out together that wisely steers clear of paparazzi and promo shots in favour of black-and-white surprises such as Charlie Chaplin with Gandhi or Colonel Sanders meeting Alice Cooper.

@si_vault:

Sports Illustrated's endless collection of famous images, delightfully inter-



laced with rarer fare such as a young Wayne Gretzky signing autographs while wearing a truly ghastly fur coat.

@Twisitor:

A camera in the lobby of Twitter's San Francisco office captures the well-coiffed tech stars who regularly visit, giving you a chance to put a face to the guy using the handle you wish were yours.

Comments

RE: Justin Bieber's Monkey Quarantined in Germany, published April 1

Wow...I just figured it out, JB is Michael Jackson! Pop star, great dance moves and nuts.

Google posted to metronews.ca

RE: Friend or Food? Vancouver Humane Society Bus Ads Compare Pups to Piglets, published April 1

As soon as I saw this bus ad, all I wanted to do was put a giant decal on it that said "Because Bacon."

Kevin Dykstra posted to

metronews.ca

RE: Four-year-old Crashes Car into McDonald's at Jane and Finch, published April 1

If people got tickets for being stupid there would be a shortage of paper. Xavier Leveque posted to metronews.ca

RE: Georgia Woman's Camera Washes Ashore in Taiwan, published March 27

Awesome!! I lost my camera in the Bahamas. I hope someone finds it!! Skippy76 posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

Firms yuk it up April Fools' Day

Gotcha. Brands try to flex their funny bones with goofy mock ads

Canadian companies sought to generate some good-natured brand buzz Monday by releasing their 2013 April Fools' Day ads. This year's participants included WestJet, Lululemon and Boston Pizza.

York University professor Russell Belk says well-executed humour can go viral and attract lots of mainstream media attention, but warns those that miss the mark risk offending.

He says newspapers have run April Fools' stories for decades, but social media can accelerate how widespread the best ads are seen.

Belk points to Calgary-based WestJet, whose tongue-in-cheek ads last year promot-



A video still of Lululemon's gag ad about a new line of leather yoga pants and mats. YOUTUBE SCREEN GRAB

ed kid-free planes. This year the airline says it's allowing any kind of animal, including bears, to roam free on board.

Lululemon said it was introducing lululeather after partnering with local cow farmers who feed their animals organic grass and chia seeds. In addition to Cowabunga yoga pants, it would also offer Moomats for exercise at \$208 apiece.

Market Minute

DOLLAR
98.36¢ (-0.07¢)

TSX
12,695.14 (-54.76)

OIL
\$97.07 US (-16¢)

GOLD
\$1,600.90 US (+\$5.20)

Natural gas: \$4.04 US (+2¢)
Dow Jones: 14,572.85 (-5.69)

Boston Pizza said it was banning all buns and replacing them with new uses for pizza dough. Several ads on YouTube said it was adding pizza salad, pizza beer, and pizza cake to its menu. **THE CANADIAN PRESS**



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DVD reviews



The End of Time

Director. Peter Mettler

Stars. Richie Hawtin, Peter Mettler



Does it really matter what time it is? The End of Time artfully explores the human construct of hours, minutes and days, arguing that nature doesn't need watches, clocks and calendars. The poetic lens of Toronto cinematographer/director Peter Mettler has previously inquired into such elusive subjects as personal fulfillment (Gambling, Gods and LSD) and the Northern Lights (Picture of Light). Now Mettler is after his most elusive prey yet: the very human concept of how we track our very existence. Following a global path that leads him from proto-astronaut Joseph Kittinger to proton-smashing physicists at CERN's Large Hadron Collider in Geneva, Switzerland, and from a Hawaiian lava watcher to Henry Ford's defunct Detroit assembly line, Mettler makes a profound statement on what makes all of us tick.

Killing Them Softly

Director. Andrew Dominik

Stars. Brad Pitt, Ray Liotta, Richard Jenkins



The drained gangsters of Andrew Dominik's Killing Them Softly drink to excess and whore around, but achieve little satisfaction. Business has been bad lately. It's the fall of 2008 in post-Katrina New Orleans, and despite constant chatter about "the American promise" from presidential candidate Barack Obama, few people dream big. Mob hit man Jackie Cogan (Brad Pitt) is disgusted by what he sees. There are elements of Scorsese's grime and Tarantino's wit in Killing Them Softly, but writer/director Dominik has his own methods. He's brilliant at using atmosphere and attitude. **PETER HOWELL**

Dwayne Johnson, at your franchise service

Role play. The man formerly known as The Rock talks about being Franchise Viagra and where he'd fit in some of Hollywood's most epic series



NED EHRBAR
Metro World News in Hollywood

The last time we spoke to Dwayne Johnson, he said he'd earned the nickname "Franchise Viagra" because of his knack for injecting energy into lagging movie properties like the Fast and Furious and Journey to the Center of the Earth series.

He's at it again with G.I. Joe: Retaliation, grabbing the alpha position from Channing Tatum to lead America's coolest covert military force. So we thought we'd see how Johnson could be deployed for other famous franchises — some struggling, some not. To our delight, he gave the assignment a lot of thought.

"You've got to give it thought because all these franchises are so beloved, and all of them have their own built-in mythology and affinity that's global, which makes it very special," Johnson says.

"And it reminds me of when we were kids, how cool and fun big Hollywood movies can be."

With that in mind, here are his ideas:

Star Wars

"What is the cross between a Sith and a Jedi? I don't know. Is there something in between that has a bit more neutrality, who vacillates between both sides? Kind of like a grey area, possibly. Being such a big fan of Star Wars and the mythology of Star Wars, my inner boy, my inner geek — which is a big geek, by the way — embodies both sides. So back when I was eight years old I was both. And I don't know what that's called. What would that be?"

Star Trek

"My gut tells me we would



Dwayne Johnson, left, is busy kicking ass in G.I. Joe Retaliation, which opened last Friday. HANDOUT

have to create a character that puts not only the Enterprise but the entire (Federation) at risk in terms of destruction by one man. That's where I feel like we should go with that. And I love Star Trek, by the way, but it feels like that. That's heavy, right?"

Indiana Jones

"That's tough. I love George Lucas, obviously. I love Harrison (Ford). OK, I hunt him down. I hunt Indiana Jones down. When I hunt him down, there's a plot twist in there somehow where I then become the hero (laughs). And I share the hero mantle of Indiana Jones with Harrison Ford. Yes. Because of my eight-year-old inner-geek."

Twilight

"All hypothetical, right? All hypothetical. Because this is not now saying that The Rock wants to be in Twilight (laughs). In steps the most manliest, toughest son-of-a-bitch of a vampire the world has ever seen. He grabs Kristen Stewart, pushes aside Pattinson and quietly yet firmly says, 'We are now doing away with



Forget CGI, all Dwayne Johnson needs is some green paint to become The Hulk. NED EHRBAR/MWN

our boyhood ways.' Hypothetically."

American Pie

"Wow. Wow, I would say... I have no idea where I would fit in that. No clue, no clue."

Avengers

"I got it. I think I got it. I'm going to show you something right now (pulls

out his phone). It is a great question to end on, because I have been thinking about this for some time. Sometimes there are moments in life where there are no words. This is one of those moments. And this is who I should be in the next Avengers (shows photo of himself dressed up as the Hulk for Halloween) No more CGI, just me."

All in the family

Kristin Chenoweth, who stars in *Family Weekend*, a comedy about dysfunctional relationships, dishes on her own favourite family flicks

THE ASSOCIATED PRESS

Stage and screen veteran Kristin Chenoweth plays a hard-charging, high-powered executive in the dark indie comedy *Family Weekend* — a wife and mom who's too busy for her husband and kids, who are all too busy for each other anyway. Teenage daughter Emily (Olesya Rulin) finally has enough of the neglect when everyone blows off her big jump-roping competition at school. She rounds up her selfish, scattered relations for a long and tortured intervention — which includes tying mom and dad (Matthew Modine) to chairs, duct-taping their mouths shut and detailing their years of offences. Here, Chenoweth picks her own favourite movies about families.



National Lampoon's Vacation (1983)

It's a classic dysfunctional family with Chevy Chase and Beverly D'Angelo. It's so over the top but yet you buy it. In some ways, our film *Family Weekend* has a similar dysfunctional family.



The Sound of Music (1965)

It's about a fractured family that comes together with the new stepmom who wins them over in the end. This is a good family film.



RV (2006)

It's a family film that I was in which is about what it's like to go cross country with your family. I absolutely love this one. Robin Williams cracks me up.



Steel Magnolias (1989)

It's a family film about relationships between the women and even the husbands are involved. Being a Southern woman, I get and know all of those women.



Gone With The Wind (1939)

It's about the relationship of a girl and her land. It's family oriented and about loss.

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TAKE CARE OF THAT SMILE FOR OVER

From feeling unconfident to wanting to look our best on your wedding day, first date or class reunion, many of us have experienced those moments when we're just not pleased with our teeth. But thanks to an ever-growing choice of teeth whitening products, you can be prouder of your smile and more confident about your appearance.

Over time, our teeth can become discoloured due to the natural aging process and the things we consume, including coffee, tea, red wine, blueberries, etc. Medications can also be to blame, for example, people who took tetracycline as part of their acne treatment. Whatever the cause, it's time to banish the less-than-white smile.

Your smile is usually the first thing people notice about you. Shiny, white teeth are indicative of someone who takes pride in his or her appearance. Not surprisingly, a white smile can speak volumes at a job interview, where interviewers can be wowed by a lot more than a great resume.

Did you know that a whiter smile can make you feel and look more attractive to the opposite sex? According to a study by the American Academy of Cosmetic Dentistry, 96 per cent of respondents feel that having bright white teeth makes you more attractive to the opposite sex.

Even though you might not be destined

THE BENEFITS OF POWER VS. MANUAL BRUSHING

Although manual toothbrushes have become significantly more advanced over the years, many people have opted to trade in their classic brushes for powered ones. Why go for the power? In addition to the obvious answer that the brush does most of the work for you, here are a few other advantages:

- Gives you a better overall cleaning – The heads of electric toothbrushes are designed to rotate and whirl in ways that remove plaque from your teeth better and more quickly than manual ones. Power brushes also penetrate under the gum line which is helpful in reducing gingivitis.
- Is easier to handle and to hold – Larger, ergonomically designed handles make brushes easier to grip — a valuable feature for people who have arthritis, dexterity issues or carpal tunnel syndrome.

- Makes you brush for the right amount of time – Built-in timers let you know when you've brushed for two minutes (the time recommended by the Canadian Dental Association).
- Prevents over-brushing – Pressure sensors indicate if you're brushing too hard. Over-brushing can lead to tooth sensitivity and receding gums.
- Provides a greener alternative – With electric brushes, you only need to replace the head once every three months instead of the entire brush.

- Offers other convenient features: Some electric brushes make the tooth brushing time even easier for you by automatically dispensing toothpaste for you. The one complaint you might hear about the power toothbrush is that it's more expensive than a manual toothbrush.

True, but isn't your long term oral health and well-being worth it?



“DID YOU KNOW THAT A WHITER SMILE CAN MAKE YOU FEEL AND LOOK MORE ATTRACTIVE?”

A WHITER SMILE FOR SPECIAL OCCASIONS

Whether you're about to walk down the aisle, getting ready for your high school prom, preparing for your first real job interview, or some other major event, there's one look that suits every occasion — whiter smile.

OVERALL HEALTH

for Hollywood, a set of whiter teeth can make you feel like a star. True, your next starring role might be in a graduation picture or next your holiday party, but even so, a brighter smile can make all the difference in the world.



If you are thinking about whiter shade of white, there are a few options available, ranging in price from less than \$20 up to about \$2,000.

Going to a professional

A dental professional cleans and removes any plaque along your gum line. Once this is done, a peroxide-based gel is applied to your teeth followed by a special light that activates the gel. The process usually takes about an hour, and can whiten teeth several shades. The cost can range from \$300 to \$2,000 depending on the system, the technology, and the effort required to achieve desired results.

Tailored whitening kits

Using impressions of your teeth the dental professional creates a tailored whitening tray and provides a peroxide-based teeth whitening gel to be used with the tray.

Some can be worn at night, others during the day. Trays should be worn daily for optimal results. Customized trays can cost anywhere from \$100 to \$800.

Over-the-counter options

If you're watching your budget or don't have the time to visit your dentist you might want to try over-the-counter products like strips for whitening. You'll find these products at pharmacies, and drug and grocery stores where they range in price from \$15 to \$60. Although they do not offer the same whitening power as professional at-home bleaching kits, these products do produce noticeable results.

An important thing to remember is that the level of whiteness will vary among individuals. What works for a friend might not work for you. Talk to your dental professional to see if you're a good candidate for teeth whitening.



REASONS WHY IT'S IMPORTANT TO FLOSS

Consider dental floss one half of a powerful plaque-fighting duo that also includes the trusted toothbrush. If you think flossing doesn't need to be part of your daily oral health routine, here are six reasons to help change your mind.

Thwart tooth decay: Only dental floss can remove plaque from between your teeth where cavities can easily form.

Avoid gum disease: Flossing helps to prevent periodontal disease, which is one of the main causes of tooth loss.

Prevent tartar build-up: Flossing can slow down the accumulation of tartar.

Defend against bad breath: If plaque is left between your teeth, it will produce a bad smell in your mouth.

Reduce heart attack risk: Dangerous bacteria contained in plaque can enter the blood stream and cause heart disease.

Ready to get flossing? Talk to your dentist about what types of products will be most effective for you.



Cory Monteith ALL PHOTOS GETTY IMAGES

Substance addiction lands Glee's leading man in rehab

Glee star Cory Monteith has checked himself into rehab, according to *Us Weekly*. "Cory Monteith has voluntarily admitted himself into a treatment facility for substance addiction," his rep says in a statement. "He graciously asks for your respect and privacy as he takes the necessary steps towards recovery." While it isn't clear what substances exactly Monteith is looking for help

avoiding, he has opened up about his drug use in the past, telling *Parade* magazine in 2011 that he used to do "anything and everything, as much as possible. I had a serious problem." The latest rehab stint has caught friends and family off-guard. "This is a total surprise," a source tells the magazine. "He has always been very honest about how he struggled."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Buckwild star Shain Gandee found dead



THE WORD
Dorothy Robinson
scene@metronews.ca

Shain Gandee, the former trash collector who found fame as the star of new MTV reality hit *Buckwild*, was found dead yesterday along with his uncle and an unidentified person in a vehicle in West Virginia Monday morning.

According to police officials, the vehicle was discovered at 11:30 a.m. Monday by a person on a four-wheeler, hours after



Shain Gandee has died at age 21.
AMY SUSSMAN / INVISION/
THE ASSOCIATED PRESS

Gandee and his group was reported missing. MTV released a statement about the situation.

"Our thoughts and prayers are with them," the network said about the Gandee family, adding that Shain "touched everyone he met and we will miss him dearly."

Bieber's being a bad boy, and it ain't good for business

The clock is ticking on Justin Bieber's career, according to top music manager Peter Mensch, who reps acts like Metallica and the Red Hot Chili Peppers. Mensch doesn't see much of a future for the Canadian pop star after a month of hospitalizations, cancelled

concerts and dust-ups with the paparazzi. "His manager, Scooter Braun, is scared s---less. I don't know what Bieber's problem is. His career is over in three years anyway," Mensch tells the Sun. "I'd take Bieber to the woodshed and spank him."

Twitter



@JonahHill

You guys ever have such an intense sex dream about Mr. Belvedere that you wake up screaming? Me neither! That would be so weird, right?!



@JuddApatow

I am worried about Beiber. He has a monkey now. I am not joking. This is headed to a bad place. He follows the path of generic disaster.



@pattonoswalt

Peter Dinklage is the Dowager Countess of Westeros. #GameofThrones



@kevin_nealon

Should i consult a doctor if my energy drink lasts longer than five hours?

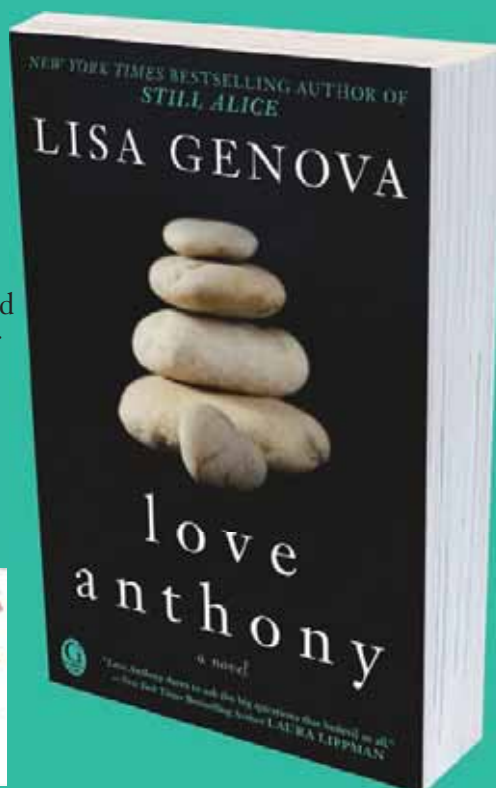
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life opens up when you do



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Dentists play key role in early detection of oral cancers



A regular examination by a dentist can play a role in the early detection of oral cancers. Speak to your dentist about any questions or concerns you have with your mouth.

In 2009, the BC Cancer Agency documented more than 500 new cases of oral cancer. It is estimated that over 80 percent of these cases could be detected by a dentist.¹

Healthy behaviours and early detection are key factors to reducing cancer incidence and improving outcomes. Dentists have an important role to play in the early detection of oral cancers as dentists tend to see patients on a regular basis when they are well, rather than when they are already sick. As a result, dentists can help detect suspicious lesions in the mouth before the patient has any symptoms.

The BC Cancer Agency has developed Oral Cancer Screening

Guidelines for adult dental patients in BC over the age of forty. All the elements for screening and monitoring outlined in the guidelines may not be included in every examination by your dentist, but will be considered along with your medical history, age and health behaviours.

During your dental exam, your dentist will inspect all the soft tissues in your mouth including your gums, lips, cheeks, tongue, floor of your mouth and the roof of your mouth. Your dentist will also feel along your jaw, and other areas of your head and neck for any unusual tenderness, lumps or swelling.

Your dentist *may* also use some optional screening tools that use

a special light, dyes or scrapings to have a more detailed examination of certain areas of your mouth. These are not a required part of your dental exam, but may be used by your dentist based on your health history and lifestyle factors, or if he or she needs to examine a particular area of your mouth more closely. In some dental offices, the hygienist may also use these tools, but the dentist needs to evaluate the findings to determine your diagnosis.

If your dentist identifies a suspicious lesion in your mouth or a lump that is not going away, he or she may recommend that you have a biopsy. Your dentist may do the biopsy or may refer you to another dental or medical professional to have this done. The decision about any required treatment is most often based on the biopsy result.

While the incidence of oral cancers in Canada may be low relative to breast and prostate cancers, the effects of oral cancers on patient quality of life can be devastating. There is no single cause of oral cancer. It results from a variety of factors and how individual patients react to those factors.

Seventy-five percent of oral cancers can be attributed to exposure to tobacco or alcohol.² In particular, patients who chew tobacco, betel quid/areca nut/pan; drink alcohol and smoke cigarettes (especially together) or are exposed to second-hand smoke; smoke marijuana; have a diet low in fruits and vegetables; have had an HPV (human papilloma virus) infection (type 16); or have chronic gum disease³ can increase their risk of getting an oral cancer by four to ten times.

Maintaining good daily oral hygiene, having your teeth cleaned professionally on a regular basis, and adopting healthy behaviours is good for your body, and your mouth. Have a dental examination by a dentist at least once per year and report any lingering sores or tenderness in your mouth or surrounding areas to your dentist or physician as soon as possible.

Your dentist is your 'doctor of the mouth', and an integral part of your preventive health care team.

If you have any questions about your personal risk for oral cancer, speak to your dentist or physician.

SIGNS AND SYMPTOMS OF ORAL CANCER

Other health conditions can have the same signs and symptoms as oral cancer, so having any of the following symptoms does not necessarily mean a person has cancer. However, it is important to see a doctor about:

- an ulcer or sore in the mouth that doesn't heal
- a lump in the lip, mouth, gums, tongue or roof of mouth
- thickening in the cheek
- bleeding in the mouth

- pain in the mouth that doesn't go away
- loose teeth
- dentures that no longer fit
- slurred speech
- swollen saliva glands
- swollen lymph nodes in the neck

White patches (leukoplakia) or red patches (erythroplakia) on the lips or in the mouth may be precancerous conditions that may become cancerous.

Source: Canadian Cancer Society website

Sources: ¹ Canadian Cancer Statistics 2007 ² Epidemiology and Prevention of Oral Cancer, Oral Oncology 1997 ³ BC Cancer Agency website

For more information talk to your dentist or visit www.bccancer.bc.ca or www.bcdental.org.

We're just big bags of icky stuff, and other science facts

New book. Author of *Gulp: Adventures on the Alimentary Canal* takes on the gloppy, sticky part of digestion

SHAUN
BRADY
Metro World News

Mary Roach built her career on exploring aspects of the human body that go overlooked by most writers.

In most cases, an interview subject suffering from a bad cough wouldn't be an ideal situation.

But it's oddly appropriate when the subject is Mary Roach, who can excuse herself with, "Speaking of mucoid substances, I'm launching some of them into your ear right now."

Roach has built her career on her delight in probing aspects of the science of the human body that most people would rather just ignore. In *Stiff: The Curious Lives of Human Cadavers*, she followed the body through its many strange post-mortem pathways; in *Packing For Mars*, she uncovered the less glorified side of the space program through zero-gravity toilets and long-term bed rest.

In her latest, *Gulp: Adven-*



"It was the last taboo that I haven't covered," Roach says of her latest endeavour. CHRIS HARDY

tures on the Alimentary Canal, Roach trains her sardonic, steel-stomached curiosity on the science of eating and digestion, finding laboratories where pet food is taste-tested, windows are opened onto a human stomach (literally), and those aforementioned mucoid substances are gathered and examined.

"It was the last taboo that

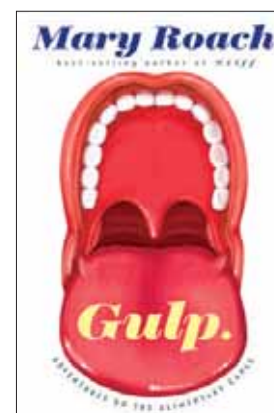
I haven't covered," Roach says of her latest endeavor.

"Once you take food off the table and put it into your body, it becomes an object of revulsion. People get very flipped-out and disgusted, so it's yet another topic that I thought it would be fun to pull apart and explore."

As with *Bonk*, her book about the science of sex,

Roach is particularly fascinated by the way in which subjects that give us such pleasure have so many aspects we find utterly repulsive.

"We have a little bit of disgust for all of our biological processes," she says. "I don't think that eating is unique in that way — if you strip away love and lust and all the higher trappings of sex and you



Chow down

"Once you take food off the table and put it into your body, it becomes an object of revulsion."

Author Mary Roach
Talking about what you can find in her new book *Gulp: Adventures on the Alimentary Canal*

just take it down to what the bodies are doing and the substances involved, it becomes icky. Any time you peel away the skin and reveal the fact that we're just big bags of digesting, secreting, pumping, gloppy, sticky, icky stuff, it's upsetting."

3 TIE

KNEY - Separate Ways THE BEATLES - A Day In the Life AMERICA - A Horse With No Name TOTO - Africa ERIC CLAPTON - After Midnight
 NG STONES - Ain't Too Proud To Beg JIMI HENDRIX - All Along The Watchtower THE ROLLING STONES - Angie QUEEN - Another One B
 HE WHO - Baba O'Riley EDDIE MONEY - Baby Hold On AC/DC - Back In Black THE BEATLES - Back In The U.S.S.R. THE PRETENDERS -
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 Does It Magic TEARS FOR FEARS - Everybody Says I'm In Love QUEEN - Fat Bottomed Girls STEVE MILLER BAND - Fly Like An Eagle
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Metro breaks down quick food plans for three types of food eaters: carbohydrate cravers, meat lovers and I'll-eat-anything foodies.

Carbs Protein Fat	BREAKFAST	LUNCH	DINNER	SIDE DISH OR SNACKS	DIETS FOR YOUR FOOD TYPE
CARB HEAVY DIET	Banana, whole-wheat toast with peanut butter	Tuna, brown rice, apple	Baked potato with baked beans	Tomatoes, red peppers, carrots, celery	Montignac Method World's first GI diet, focusing on carbs with low glycemic index, which keeps blood sugar level stable Raw Food Diet Weight loss program, based on 75 per cent raw fruit and vegetables
PROTEIN-HIGH DIET	Eggs, bacon, avocado	Lamb chops and walnuts	Chicken breast, avocado, whole milk	Lettuce, tomatoes, mushrooms	Dukan Diet Follows four distinct phases to help lose weight Atkins Diet Famous protein-heavy, carbs-light diet Paleolithic Diet Eat like a caveman: lots of meat, no wheat or grains
EAT-ANY-FOOD DIET	Oatmeal and blueberries	Whole grain pasta, tuna, egg	Chicken breast, potatoes, broccoli	Carrots, plain yogurt, cucumber	Weight Watchers Points-based program and well-established community and support Blood Type Diet Eat for your blood type to boost metabolism

2013 TOP DIET

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SOURCES: SWOOLME, JOY DUBOST, ACADEMY OF NUTRITION AND DIETETICS; GOOGLE TRENDS; GOOGLE ZETGIST; CALORIE CONTROL COUNCIL NATIONAL CONSUMER SURVEY

TEXT: ANTHONY JOHNSTON, GRAPHIC: MIA KORAB, MWM

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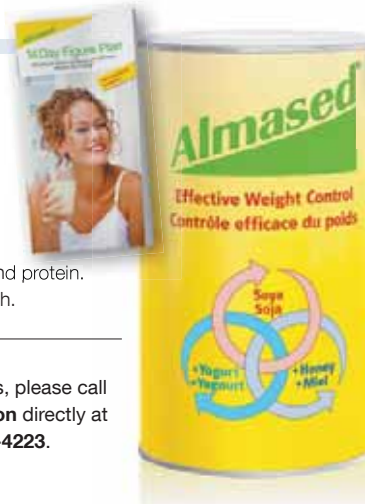
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Peas save Easter leftovers



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Easter is over and you are left with ham and a ham bone. That sounds like pea soup. Dried peas are delicious, nutritional powerhouses containing high amounts of fibre, protein and minerals. Dried split yellow peas are the traditional variety chosen for French Canadian Pea Soup. The process couldn't be simpler. Place ham bone and scraps into a slow cooker with 2 cups of dried yellow split peas and 10 cups of broth. Add one chopped onion, one chopped carrot, 2 bay leaves and a teaspoon of thyme. Go to work. In 8 hours or so you will have a healthy and tasty soup. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Pressure is on to make risotto



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Pressure cookers can be intimidating. They seem fussy — and scary! But you may be sold after you make risotto, a dish that by definition is tedious to make.

It simplifies the process and — most impressively — speeds it up. What normally takes 45 minutes in

a traditional sauté pan is done and ready to serve in about 20.

1. In pressure cooker over medium, heat oil until shimmering. Add shallot and sauté for 3 minutes, or until translucent. Increase heat to high and add rice,

stirring to coat. Toast the rice, stirring constantly, for 2 minutes. Add wine and cook until evaporated.

2. Add broth and pinch each of salt and red pepper flakes. Stir until mix comes to a simmer, then lock on pressure cooker's lid. Set timer, 9 minutes. Bring cooker up to full pressure, then reduce heat to maintain that level. Cook until timer goes off.

3. Take cooker off heat and wait 3 minutes, then put pot in sink and run cold water over it to release pressure. Open cooker; the rice should be creamy. Return pot to stovetop over medium heat. Add butter, asparagus, cheese and chives. Stir until heated through and butter and cheese have melted. Season with salt and pepper.

THE ASSOCIATED PRESS / ELIZABETH KARMEL IS A SOUTHERN FOOD GRILLING EXPERT AND AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 large shallot, chopped
- 1 cup Arborio rice
- 1/2 cup white wine
- 2 cups no-salt chicken broth
- Pinch of salt, plus more to taste
- Pinch of red pepper flakes
- 1 tbsp butter
- 1 cup small asparagus tips and tops, cut into 1-inch pieces
- 1 cup shredded Parmesan cheese
- 1/8 cup chopped fresh chives

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One small business, and one giant step for youth employment



YOUR MONEY
Alison Griffiths
money@metronews.ca

Take an innovative restaurant in Toronto called The Depanneur, add in a guest program for young chefs-in-the-making, stir, season and serve up a dish that helps solve youth unemployment.

OK, maybe I'm stretching it a bit, but owner Len Senater is using his business to help young chefs, such as my daughter and recent graduate, Quinn Cruise, get started.

Recently, she created Japanese Hambaagu, a sushi rice bowl topped with slider-like Asian meatballs, creamy mushrooms, a fried egg, edamame and a side of Japanese pickle. Drooling yet?

The guest chef develops a dish, pays for the ingredients and keeps a portion of the take.

Supported by a volunteer sous-chef, well-known vegan and raw chef, Mary Hulbert, Quinn cooked up a storm and pocketed \$175 before expenses.

This isn't just a make-work program. If every business were as creative as Senater's, un-

employed or underemployed youth would have the opportunity to demonstrate their skills in the marketplace.

This very small business (affectionately called The Dep) offers up to 150 young chefs a shot annually. Multiply this by giant, mid-size and small enterprises across the country and Canada could develop a concerted effort to provide work experience for the young.

And benefits accrue to the host. "It's also inherently viral," Senater points out. "Each new chef brings friends and family to their events, introducing the Dep to way more people than I could on my own."

Many businesses have internships, but it's so random that finding them can be difficult. In contrast, a nation-wide program, including a central database, to help youth find job experience would not only be a productivity boost, but would pay forward into the impending employee shortage when the baby boomers finally retire.

Even better, a percentage of these positions should be earmarked for those with disabilities. Among this group the unemployment rate hovers in the 60 per cent or greater range. My job-seeking daughter is deaf



Quinn Cruise in the kitchen of The Dep. CONTRIBUTED

and part of that statistic.

"This experience really showed that I don't need hearing to be a good chef," Quinn says. "It also gave me a good idea about what to expect when I might head a restaurant

one day."

It all adds up to a win-win in my books.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

15 minutes of fame. Dead or alive, for some celebs fame just sticks

Stuck in my head

"We're basically coming out and saying not only is fame not (fleeting), it's extremely sticky."

Eran Shor, assistant professor of sociology at McGill University

Reality TV stars may come and go, but a new study suggests true fame is enduring.

The research finds that people who achieve real celebrity remain famous for years, making frequent appearances in newspapers over periods of decades. The work bucks the widely held notion that fame is ephemeral, a belief held both by average individuals and by those who study the sociology of fame.

Eran Shor is an assistant professor of sociology at McGill University and is one of the authors of the study, which is published in the American Sociological Review.

He and his co-authors used large collections of newspaper archives that spanned decades to study the issue, looking at people in sports and politics and the field where fame is thought to be most fleeting — entertainment.

They found that even a dead celebrity like the eccentric billionaire Howard Hughes continues to feature in news articles long after his death.

"The large, large, large majority of people who get famous stay famous. For a long time. How long, it depends on how famous they got," Shor says.

Shor undertook the work with two colleagues from Stony Brook University, along with a software engineer from Google.

This portion of their ongoing work looks at figures in entertainment.

From a list of tens of mil-

lions of names that appeared in the entertainment sections of more than 2,000 newspapers between 2004 and 2009, a random sample of 100,000 names was drawn.

The names were then analyzed to see which appeared most often, with the top 10 from the sample selected for study. And then those names were tracked to see if people who were frequently written about for one year had sustained fame.

The top 10 were actors Jamie Foxx, Bill Murray, Natalie Portman, Tommy Lee Jones, Naomi Watts, John Malkovich, Adrien Brody and Steve Buscemi. Rounding out the group were music producer (and convicted murderer) Phil Spector and the late inventor and billionaire Howard Hughes.

"Here's a group of people that are fairly famous, but perhaps not the most famous of them all — and all of them stick. All of them stay around from year to year. We know who they are, the papers keep writing about them, they stay in some kind of a celebrity (mode). They didn't go away."

THE CANADIAN PRESS



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MLS

Finish still an issue for Whitecaps

Another loss meant another debriefing from head coach Martin Rennie on why the Vancouver Whitecaps couldn't capitalize in the attacking third of the field with the game in the balance.

The Whitecaps lost 2-1 to Chivas USA on the road Saturday, despite 22 attempts on goal compared to just 12 from the home side.

Chances aren't the issue. The Whitecaps are getting plenty of those. It's finish that has been lacking at key times during Vancouver's first two regular-season matches on the road — both losses.

Rennie remained upbeat on Monday as his team convened for training at UBC.

"There's definitely a couple of things that we need to do better defensively, but I'm sure we can get that right," Rennie told reporters.

"But the thing for me is just that we're able to compete with the teams we're playing against at home or away. We're creating a lot of chances, and when you're creating chances you will eventually start scoring multiple goals."

The Whitecaps are in San Jose on Saturday to play the Earthquakes.

CAM TUCKER/METRO



Whitecaps coach Martin Rennie
GETTY IMAGES



Cory Schneider blocks the rebound shot of the Sharks' Joe Pavelski on Monday in San Jose. The Sharks won 3-2. THEARON W. HENDERSON/GETTY IMAGES

Streaking Shark attack too much for Canucks

NHL. Vancouver comeback too little, too late as San Jose completes season sweep, wins 5th straight

Joe Thornton had a goal and an assist during a second-period scoring flurry and the San Jose Sharks beat the Vancouver Canucks 3-2 on Monday night for their fifth straight victory.

San Jose broke a scoreless tie with three goals in a span of 2:13 against Canucks goaltender Cory Schneider, then

On Monday

3

Sharks

2

Canucks

held on and completed a season sweep of Vancouver.

Chris Higgins and Alex Burrows scored to pull Vancouver within one, but the Sharks prevailed and extended their longest win streak since taking seven straight to open the season.

AHL acquisition

Canucks land AHL Rivermen

The Vancouver Canucks have agreed to purchase the American Hockey League's Peoria Rivermen from the St. Louis Blues, Canucks Sports and Entertainment announced Monday.

The transaction is still sub-

ject to AHL approval.

"This is an exciting opportunity for the Canucks," said Francesco Aquilini, the Canucks owner and chairman, in a statement.

"The purchase of the Peoria franchise allows us to take an important step and assume full control of our minor-league development program." CAM TUCKER/METRO

San Jose remains in the No. 6 playoff position in the Western Conference but

trails Los Angeles by just one point for the fifth spot.

THE ASSOCIATED PRESS

Raonic says he's ready for another round



Milos Raonic
GETTY IMAGES

It's been two full months since Canada's Davis Cup team worked its way past top-ranked Spain in the World Group first-round tie.

Where has the time gone?

A week of preparation and practice began yet again for the Canadians, as they will host Italy in the Davis Cup quarter-final, which goes Friday to Sunday at the Doug Mitchell Thunderbird Sports Centre on the UBC campus.

Among the Canadian con-

tingent that practised Monday was 22-year-old Milos Raonic, the 16th-ranked men's singles player in the world.

Raonic withdrew from the Sony Open in Miami last month due to strep throat, although on Monday he dismissed any health concerns for this week in Vancouver.

"I had quite a few days off, so as soon as I got here, I was 100 per cent and just ready to train," Raonic told reporters.

"Obviously I had a few tired days at home but by the time I got here and by the time I got everything out of my system, I've been fine."

Raonic was Canada's ace against Spain, winning both of his singles matches.

With a partisan Canadian crowd behind him and a fast hard-court surface at UBC, Raonic used his overpowering serve to overwhelm his opponents — Albert Ramos to open the event and

Guillermo Garcia-Lopez to clinch the victory in the first-round tie.

The upcoming matchup pits the Canadian team of Raonic, Frank Dancevic, Daniel Nestor and Vasek Pospisil against the Italian side of Andreas Seppi, ranked 18th in men's singles, Paolo Lorenzi, ranked 57th in men's singles, and the No. 3-ranked doubles team of Simone Bolelli and Fabio Fognini.

CAM TUCKER/METRO

Jays' Dickey set to deliver under dome

Raise the roof. Jays opening-day ace looks forward to controlled climate at Rogers Centre

While some baseball traditionalists decry the roof and artificial turf at Rogers Centre, R.A. Dickey sees a controlled environment and smiles.

Life under the dome has been good for the knuckleballer.

"The climate's not an issue. You don't have to worry about wind gusts. You don't have to worry about rain and moisture," said the 38-year-old right-hander, who opens for the Toronto Blue Jays against Justin Masterson and the Cleveland Indians on Tuesday.

"It's usually a constant temperature. The grass usually is the same — especially here," he added with a grin.

That's the simple answer. Like most things, Dickey has



Jays opening-day starter R.A. Dickey
THE CANADIAN PRESS

thought through the issue.

"In domes, a lot of times it depends on how much humidity gets inside," he adds.

If the roof is left open on a hot day and then closed just before game time, the humidity is trapped inside without much circulation, he explained. "It's hard to throw a knuckleball in

Quoted

"A perfect guy to pitch (Tuesday) night. He's very focused. I don't think you can distract him."

Blue Jays manager John Gibbons on opening-day starter R.A. Dickey

that environment," he said.

The good news is that rarely happens in domes. And it is unlikely to happen in Toronto, where the Blue Jays have their finger on the roof remote, so to speak.

"I usually have fairly good numbers inside domes — traditionally," Dickey said. "Here in particular, going off (Sunday's) knuckleball on the game mound and the conditions that were here (Sunday), I'm encouraged. That's all I'm saying. I'm not making any predictions but it felt good coming out of my hand and that's a good sign."

THE CANADIAN PRESS

Kazakhstan

Pro hockey player dies after taking head shot in game

A player in the Kazakhstan ice hockey league has died, several days after receiving a violent hit to the head during a playoff game.

Dmitri Uchaykin, a Russian forward for the Ertis Pavlodar club, was 32. His club announced the death on its website, but did not give further details.

Uchaykin took a hard hit from Arystan forward Donatas Kumeliuskas during their game, but Russia's Sovetsky Sport said the player left the ice on his own and drove back home after the game.

It said he then lost consciousness the next day and was rushed to a local hospital, where he died of a stroke early Sunday.

Uchaykin spent most of his career with Russian club Amur.

THE ASSOCIATED PRESS

Done deal. Flames send Bouwmeester to Blues ahead of trade deadline

The Calgary Flames dealt defenceman Jay Bouwmeester to the St. Louis Blues on Monday night ahead of the upcoming trade deadline.

In return, the Flames acquired a first-round pick and two prospects — defenceman Mark Cundari and goaltender Reto Berra.

In the event St. Louis does not qualify for this year's playoffs, the Flames will receive St. Louis' fourth-round selection in this summer's draft, with the first-round pick being deferred to 2014.

The move comes after Calgary started a rebuild by trading captain Jarome Iginla to Pittsburgh last week. The NHL trade deadline is 12 p.m. on Wednesday.

Bouwmeester, who has an annual cap hit of \$6.68 million US through to the end of next season, has six goals and nine assists in 33 games in 2013.

The six-foot-four, 212-pound blue-liner joined Calgary in 2009 after being



Jay Bouwmeester
RICK LAM/GETTY IMAGES

drafted third overall by the Florida Panthers in 2002.

Bouwmeester has 71 goals and 229 assists in 10 seasons with the Flames and Panthers.

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	W	L	Pct	GB
z-Miami	58	15	.795	—
x-New York	46	26	.639	11½
x-Indiana	47	27	.635	11½
x-Brooklyn	42	31	.575	16
x-Atlanta	42	33	.560	17
x-Chicago	40	32	.556	17½
Boston	38	36	.514	20½
Milwaukee	36	37	.493	22
Philadelphia	30	43	.411	28
Washington	27	46	.370	31
Toronto	27	47	.365	31½
Detroit	25	50	.333	34
Cleveland	22	51	.301	36
Orlando	19	56	.253	40
Charlotte	17	57	.230	41½

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	55	19	.743	—
x-Oklahoma City	54	20	.730	1
x-Denver	50	24	.676	5
x-L.A. Clippers	49	25	.662	6
x-Memphis	50	24	.676	5
Golden State	42	32	.568	13
Houston	41	33	.554	14
Utah	39	36	.520	16½
L.A. Lakers	38	36	.514	17
Dallas	36	37	.493	18½
Portland	33	41	.446	22
Minnesota	27	46	.370	27½
Sacramento	27	47	.365	28
New Orleans	26	48	.351	29
Phoenix	23	51	.311	32

x — clinched playoff berth; z — clinched conference.

Monday's results

Detroit 108 Toronto 98
Atlanta 102 Cleveland 94
Houston 111 Orlando 103
Memphis 92 San Antonio 90
Minnesota 110 Boston 100
Milwaukee 131 Charlotte 102
Utah 112 Portland 102
Indiana at L.A. Clippers

Sunday's results

New Orleans 112 Cleveland 92
Washington 109 Toronto 92
Chicago 95 Detroit 94
Miami 88 San Antonio 86
New York 108 Boston 89

Tuesday's games — All times Eastern
Chicago at Washington, 7 p.m.
New York at Miami, 8 p.m.
Dallas at L.A. Lakers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	36	28	8	0	123	84	56
New Jersey	36	15	12	9	89	100	39
NY Rangers	35	17	15	3	82	86	37
NY Islanders	36	17	16	3	103	113	37
Philadelphia	35	15	17	3	95	108	33

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	35	23	7	5	111	84	51
Boston	34	22	8	4	97	75	48
Ottawa	35	19	10	6	89	76	44
Toronto	36	20	12	4	112	100	44
Buffalo	36	13	17	6	94	113	32

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	37	18	17	2	91	110	38
Carolina	34	16	16	2	93	101	34
Washington	35	16	17	2	102	101	34
Tampa Bay	34	15	18	1	110	103	31
Florida	36	11	19	6	88	125	28

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results

NY Rangers 4 Winnipeg 2
Edmonton 4 Calgary 1
NY Islanders 3 New Jersey 1
Anaheim 4 Dallas 0
St. Louis 4 Minnesota 1
Chicago 3 Nashville 2 (SO)
Montreal 4 Carolina 1
Detroit 3 Colorado 2
Vancouver at San Jose

Sunday's results

Chicago 7 Detroit 1
Columbus 2 Anaheim 1 (OT)
Los Angeles 3 Dallas 2
Philadelphia 5 Washington 4 (OT)
Boston 2 Buffalo 0

Tuesday's games

All times Eastern
Winnipeg at NY Islanders, 7 p.m.
Ottawa at Boston, 7 p.m.
Washington at Carolina, 7 p.m.
Buffalo at Pittsburgh, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Colorado at Nashville, 8 p.m.
Los Angeles at Phoenix, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	35	27	5	3	119	76	57
Detroit	36	18	13	5	94	94	41
St. Louis	34	18	14	2	98	94	38
Columbus	36	15	14	7	87	97	37
Nashville	36	14	14	8	89	99	36

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	35	21	12	2	98	90	44
Vancouver	35	19	10	6	92	90	44
Edmonton	35	13	17	7	91	96	37
Calgary	34	13	17	4	94	118	30
Colorado	35	12	19	4	86	111	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	36	24	7	5	111	90	53
Los Angeles	35	20	12	3	103	88	43
San Jose	34	17	11	6	85	84	40
Dallas	35	16	16	3	94	107	35
Phoenix	35	14	15	6	94	101	34

MLB

AMERICAN LEAGUE

Monday's results

Chicago White Sox 1 Kansas City 0
Boston 8 N.Y. Yankees 2
Detroit 4 Minnesota 2
Seattle at Oakland

Sunday's result

Houston 8 Texas 2

Tuesday game

Cleveland (Masterson 0-0) at Toronto
(Dickey 0-0), 7:07 p.m., EDT

NATIONAL LEAGUE

Monday's results

Washington 2 Miami 0
L.A. Angels 3 Cincinnati 1 (13 inn.)
Atlanta 7 Philadelphia 5
Chicago Cubs 3 Pittsburgh 1
Milwaukee 5 Colorado 4 (10)
N.Y. Mets 11 San Diego 2
L.A. Dodgers 4 San Francisco 0
St. Louis at Arizona



Horoscopes

Aries

March 21 - April 20

What would you do if you knew all things were possible? So do it. Cosmic activity is so much in your favour at the moment that anything you try this week will work out well, maybe even spectacularly.

Taurus

April 21 - May 21

The more you push, the more others will resist you and the more frustrated you will get. Maybe you should take the hint and stop trying so hard. Everything will work out for the best.

Gemini

May 22 - June 21

The thing you most need to remember today is that other people need you more than you need them. Maybe you should find a way to remind them how much they struggle when you're not around.

Cancer

June 22 - July 23

So you crave fame and fortune? There's a downside: loss of privacy and everything that goes with it. You don't care and you still want it? OK, now's the time to make your move.

Leo

July 24 - Aug. 23

Is there a belief or code of conduct that guides your actions? Is it living up to what you expected of it? If not, now is a good time to think in different directions. There are many paths to the ultimate goal.

Virgo

Aug. 24 - Sept. 23

This may be a serious time for you but it's by no means unfavourable. In fact, you will find over the next 24 hours that business and financial matters go exceedingly well. No, really, there's no catch.

Libra

Sept. 24 - Oct. 23

Go your own way, do your own thing today and don't worry what others think of it. Every now and again you need to get away from the crowd, and this is one of those times.

Scorpio

Oct. 24 - Nov. 22

You may not be looking forward to a new responsibility but neither should you be facing it with so much anxiety. The worst rarely happens and once you get in the swing of things, you'll sail through.

Sagittarius

Nov. 23 - Dec. 21

Aim to be the best at what you do, today and every day. You've had your five per cent inspiration, now you need to start building up perspiration — that's the other 95 per cent.

Capricorn

Dec. 22 - Jan. 20

This may be one of those days when everything you say is taken the wrong way. Be that as it may, you must not stop talking. You have a message to get across and the world needs to hear it.

Aquarius

Jan. 21 - Feb. 19

You may be dealing with a number of serious things but you are still allowed to have fun. Make time in your busy schedule to visit a friend who needs cheering up. It will cheer you up too.

Pisces

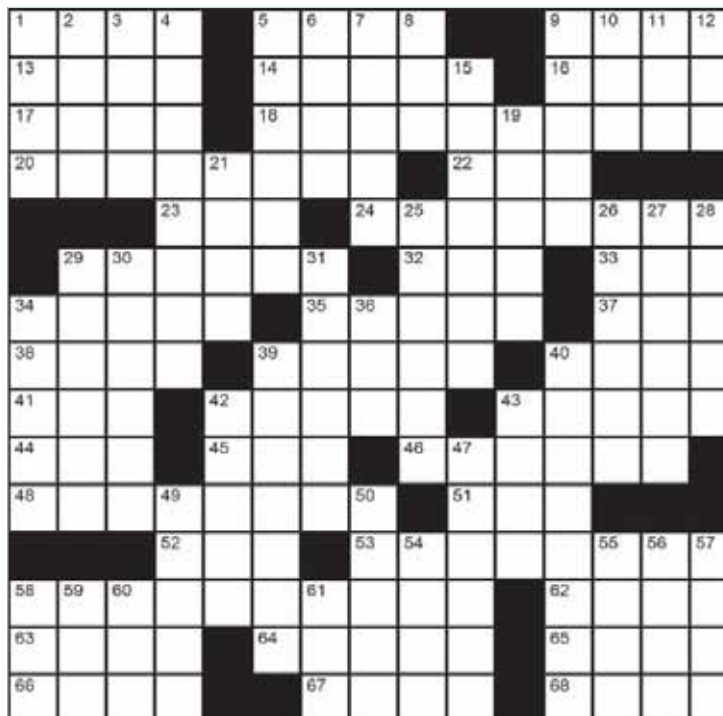
Feb. 20 - March 20

You may not be the most practical member of the zodiac but you know what you like and you know how to get it. You also know that you should never let a good opportunity slip away, so get busy. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Sports org.
- Up for it
- Schooling reason, for short
- Lofty title
- Mr. Jannings, and others
- Filing cabinet abbr.
- Sir Guinness
- NDP leader: 2 wds.
- Stanley __, role in "A Streetcar Named Desire" (1951)
- "__ Another Day" (2002)
- Margarine holder
- Jim Carrey/Matthew Broderick movie, "The __" (1996)
- Self-sacrificer
- Void, in Paris
- Single
- November's birthstone
- 'Singing Cowboy' Gene
- Time period
- Rio's locale, for short
- Suspicious
- River of Russia
- Q. "Is __" that Canada begins with?"
A. "Yes."
- Uniform symbol
- Way to buy movies, ____
- Encouraging exclamation!
- Slangy one-eighty turn
- Snake-haired Gorgon
- Clothes-storing furniture pieces



- Points out a suspect, for short
- Languish
- Tabasco, for one: 2 wds.
- Canadian band, Bedouin __
- After shave brand
- Plinth

- "__ Was a Lady"
- Cheerful music
- "__ better believe it!"
- "Back in the __" by The Beatles
- Prefix meaning 'Outer'
- Down
1. Escape
2. __ Alto, California

- Mushroomed
- Infamous prison
- What Ringo does with 'a little help' from his friends: 2 wds.
- "Star Trek" episode, __ Time
- Imitate
- Street for Freddy
- Host an event

- Prefix to 'gram' (Drawing)
- __/_ (Them/You opposite)
- "Proud Mary" gr.
- Home of the Big Nickel in Ontario
- Canadian actress, Evangeline __
- Kellan of 'Twilight' movies
- Pre-sporting event song
- Defends
- __ Bay, Nunavut
- Give way
- Bricks and __
- Helicopter Prince Harry flies
- Viking, for one
- "Grease" (1978) gang member, __
- 18th U.S. President ...his monogram
- Tin-glazed earthenware
- Broken/needs to be replaced
- Worked in a restaurant
- Betting likelihoods
- "Take your pick."
- Church council
- Fish that are like herrings
- Suffix with 'Psych'
- Type of acid
- "She Sells Sanctuary" by The __
- 'Palm' suffix
- Tofu base
- Gold, in Spain
- Arctic knife
- Fiji's __ Islands

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



13°/8°
Variable

Wednesday



14°/8°
Partly cloudy

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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Diamonds *Buying 20 pt. and up*



We are particularly interested in larger diamonds of 1 carat and up.

Antique Jewellery



Silverware



**We have been
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since 1967**

We have been the #1 buyers for many years even though some new buyers claim honesty and best prices.

Item/Description	The Other Buyers Pay	J&M Pays
10kt scrap gold, per gram.....	\$15.90	\$19.24
14kt scrap gold, per gram.....	\$22.29	\$27.02
1 oz. Recognized Gold Bar.....	\$1,547.39	\$1,617.14
1 oz. Gold Maple Leaf Coin.....	\$1,579.96	\$1,627.02
Sterling Silver, per Gram.....	\$0.59	\$0.74
Silver Canadian Coins from 1966 and earlier, per \$1 face value.....	\$14.36	\$15.71

Prices in this ad based on gold @ US\$1,601.72 and silver @ US\$29.30 and a USD/CAD exchange rate of 1.0128 on February 19, 2013, the day this ad was created.

Gold Coins and Bars



1 oz. modern, sealed bars.....	\$1,617.14
1 oz gold Maple Leaf.....	\$1,627.02
1 oz. Krugerrand.....	\$1,573.75
Sovereign.....	\$368.56

Silver Coins and Bars



1 oz. silver bar.....	\$30.43
10 oz. silver bar.....	\$307.42
100 oz. silver bar.....	\$2,983.05
1 oz. silver Maple Leaf.....	\$30.79

Watches



Rolex, Vacheron & Constantine, Patek Philippe, Breitling, Omega, Jaeger LeCoultre, Select Cartier, and many other high-end watches.

Canada Collector Coins



1948 \$1.....	\$900.00 and up
1890H 50¢.....	\$500.00 and up
1875H 25¢.....	\$200.00 and up
1889 10¢.....	\$350.00 and up
1921 5¢.....	\$4,000.00 and up
1923 1¢.....	\$14.00 and up

Silver Coins *Per \$1.00 Face Value*



Canada 1968.....	\$9.58
Canada 1967.....	\$12.25
Canada 1966 and earlier.....	\$15.71
USA 1964 and older.....	\$19.07

Scrap Gold *Per gram*



10kt.....	\$19.24
14kt.....	\$27.02
18kt.....	\$34.81



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